

HEALTHY *Hockey* HEROES

Awesome Activity Book





Hockey WA is proud to partner with Healthway, promoting the Fuel to Go & Play[®] message, encouraging our Hockey community to live healthy and active lifestyles.

www.fuelto.com.au



hey kids

Whether it's in the classroom or on the sports field, fill your body with **healthy foods and drinks** to perform at your best. Get stuck into the **resources and activities** in this educational booklet – and encourage your club mates to do the same! Make **fun recipes**, learn about the best **foods and drinks** to eat before, during and after you play sport and pick up some tips to improve your Hockey skills.



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Word Search

Can you score a goal and find all of the Healthy Hockey words?

O W N B A L L V O R A N G E S
 R S T I C K L E T G E N F W B
 G J W T Z D L G O L I Y R H P
 Z V A J G R L E T S G S I I C
 I Y T V M I B T S D O B E S R
 I H E B T B O A Q M A E N T H
 V U R R G B P B A O L N D L E
 L M O D K L D L X U R E S E A
 G P X N G I T E V T K R M O L
 S I I N A N N S P H H G O F T
 B R J P M G Z U S G O Y O E H
 D E S V E R M X U U C Q T G Y
 F R U I T R D O L A K I H G P
 P C X A A A P H B R E U I T W
 L Z X W J Z J A R D Y J E E K

WATER
 FRUIT
 MOUTHGUARD
 GOAL
 UMPIRE
 DRIBBLING
 DRINK BOTTLE

SPORT
 VEGETABLES
 BALL
 ORANGES
 GAME
 PASSING
 ENERGY

HOCKEY
 SMOOTHIE
 STICK
 WHISTLE
 HEALTHY
 WARM UP
 FRIENDS

Fuel your body WITH HEALTHY FOOD

Check out these yummy healthy foods for ideas on what to make for a quick snack to grab on the go. Choose a variety of colours and aim to eat 2 serves of fruit and 5 serves of vegies each day.

Fruit kebabs

Wholegrain bread for sandwiches/rolls/wraps

Corn/rice crackers with reduced fat dip or reduced fat cheese

Bbq corn cobs

Diced fresh fruit cups

Wholegrain pizza with vegetables and lean meat

Wholemeal breakfast cereal cups with reduced fat milk

Lean meat kebabs

Bean nachos

Raisin bread

Fresh whole fruit

Trail mix - dried fruit and nuts

Veggie sticks and hummus

Reduced fat yoghurt tubs

Salad wraps

Pikelets

Reduced fat smoothies

Plain popcorn snack packs

Pasta/rice salads

Grilled fish burger on wholemeal buns

Connect the dots

Connect the dots in order to find what they are hiding

SCORE GOALS
Fuel up with fruit before you play



Healthy Halftime

Do we need snacks during sport?

Most junior sport is at a level where energy does not need to be replaced at half time. It is more important to fuel up with healthy food (for example, a sandwich, cereal and milk, or a smoothie) before playing sport AND to focus on staying hydrated with water before, during and after sport.

HEALTH TIP

Have a healthy halftime and share oranges with your team mates.



Fuel up!

If a mid-game snack is necessary, fresh seasonal fruit such as apples, oranges, pears, watermelon, grapes, bananas or strawberries is the best choice.

ORANGE VS LOLLIES

Energy	✓	✓
Dietary fibre	✓	✗
Antioxidants	✓	✗
Vitamin A&C	✓	✗
Folate	✓	✗
Potassium	✓	✗

What are the nutrients in our food

Use a line to connect the nutrients to the matching plates of food

Enjoy a wide variety of nutritious foods from these five food groups every day.

PROTEIN
helps to build and fix your muscles

CARBOHYDRATES
gives us fuel to think and play!

FIBRE
keeps our digestive system working well!

CALCIUM
is important for growing strong bones and healthy teeth

DIFFERENT COLOUR
fruit and vegetables have different nutrients!

HEALTH TIP
Eat a rainbow! Eat lots of colorful fruits and vegies everyday



Spot the Difference

Can you spot the seven differences between these two images?



HEALTH TIP
Refuel with vegies! Chop up some carrot and celery sticks for a snack after your game



Banana Pancakes



Serves: 4

Ingredients

- 1 ripe banana
- 2 tablespoons yoghurt
- 1/4 cup low-fat-milk
- 1 egg
- 2/3 cup wholemeal self-raising flour
- 1/4 tsp cinnamon
- 1/8 tsp baking powder

Method

1. Whiz all wet ingredients in blender (banana, yoghurt egg, milk, honey) for 5-10 seconds.
2. Add dry ingredients (flour and baking powder) and whiz until thick batter forms (5-10 seconds).
3. Pour 1/3 cup of the mixture into pan and cook for 1 minute each side or until cooked through.



HEALTH TIP

Aim for 2 serves of fruit and 5 serves of vegies each day

Choc Nana Milkshake



Serves: 4

Ingredients

- 1 large frozen banana, chopped
- 3 fresh dates, de-seeded, chopped
- 1 tablespoons unsweetened cocoa powder
- 2 cups reduced fat milk
- 2 teaspoons vanilla extract

Method

1. Blend banana, dates, cocoa powder and cup milk in a blender on high speed for 1 minute or until smooth.
2. Add remaining milk and vanilla and blend for 30 seconds or until frothy.
3. Pour into glasses and serve immediately.



Mac & Cheese Muffins



Serves: 12-18

Ingredients

- 2 cups elbow pasta or macaroni
- 1/2 cup grated pumpkin
- 1/2 cup grated carrot
- 2 tablespoons water
- 2 tablespoons self-raising flour
- 1/4 cup reduced fat milk
- 1 teaspoon dijon mustard
- 3 eggs
- 125g can corn kernels, drained and rinsed
- 2 cups grated reduced fat cheddar cheese
- 2 tablespoons finely grated parmesan cheese



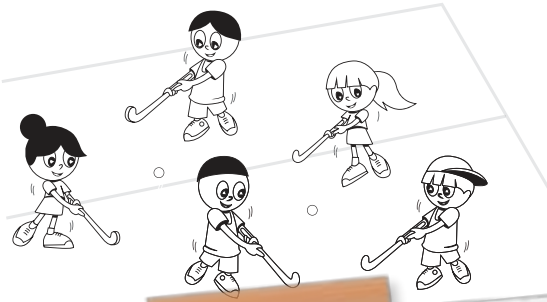
Method

1. Preheat oven to 180°C.
2. Boil macaroni for 10 minutes cooked al dente, drain well.
3. Meanwhile, place pumpkin, carrot and water in a microwave bowl and cook on high for 3 minutes. Stand for 2 minutes before lightly mashing with a fork.
4. Sift flour into a large bowl.
5. In a small bowl or jug whisk milk, mustard and eggs together; add to flour and gently combine.
6. Add cheddar cheese, corn, mashed vegetables and macaroni, stir until combined.
7. Spoon mixture into paper case lined muffin pans and sprinkle with parmesan.
8. Bake for 20-25 minutes until golden brown.
9. Cool for at least 15 minutes before serving. Muffins can be served warm, at room temperature or even cold.



DRIBBLE AND PASS

1st Drill



Question:

What are the Men's and Women's Australian Hockey teams called?

The Men's team is called the Kookaburras and the Women's team is called the Hockeyros

Setup

Each player is to have a stick and ball between pairs or three's, ensure a large flat space for participant to practice dribbling.

Description

Skill - Pass

- The stick should stay on the ball during a push i.e. no backswings, no sound.
- The pushing action is like an underarm throw.
- Walk around a large, open space, pushing the ball in pairs or three's.

Skill - Dribbling

- Left to right drag: Right hand 1/3 down the stick. Left hand at the top of the stick, with the hand held so the player can tell the time on their left wrist with the stick facing forward.

Skill - Drag

- Right hand 1/3 down the stick, left and at the top of the stick with the left hand held so the player can tell the time on their left wrist with the stick facing forward.
- With the ball in front and outside the right foot, the player drags the ball across their body at a 45-degree angle until it is outside their left foot. To stop the ball and begin to drag it back to outside their right foot, the player turns the stick head over the ball with their left hand while loosening the grip of their right hand. The player then drags the ball at a 45-degree angle across their body until it is outside their right foot. To stop the ball the player returns the stick to the normal dribbling position.

STEPS:

Starting out

Getting the hang of it

Let's make it harder

CHANGE IT UP:

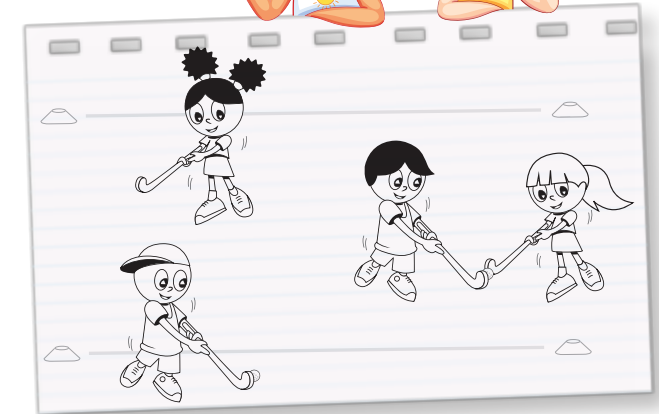
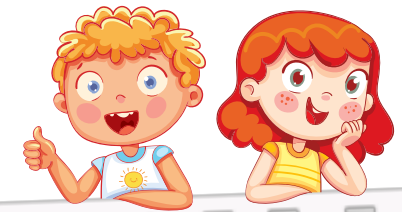
Walking pace / Pairs only

Jogging pace / Pairs or groups of three

Add cones in the drill that must be avoided

STEAL THE ORANGE

2nd Drill



Setup

Have one ball between two or three players, each with a stick, use a large playing area for participants to practise stealing from an opponent.

Description

- Players will learn how to steal the ball from an opponent. This is an important skill to learn so they can steal the ball without swinging the stick dangerously. The rules do not allow the opponent's stick or the opponent to be touched when tackling.
- While a player is dribbling forward with the ball an opponent steals it by keeping two hands on the stick and taking the ball by reaching in without hitting the opponents stick or body.
- This should be done at walking pace with no resistance from the player dribbling the ball at first.
- For this activity, both players should be moving in the same direction. The stealer will be coming from the side or from behind the ball carrier.
- There are two basic steals; from the right side of the opponent, and a takeover steal (from the left side of the opponent).

STEPS:

Starting out

Getting the hang of it

Let's make it harder

CHANGE IT UP:

Only practice right side steals, not take over steals

Allow jogging rather than walking

Add resistance from the ball carrier



VEGIE HOCKEY

3rd Drill

Question:

There are three ways to score a goal in Hockey what are they?

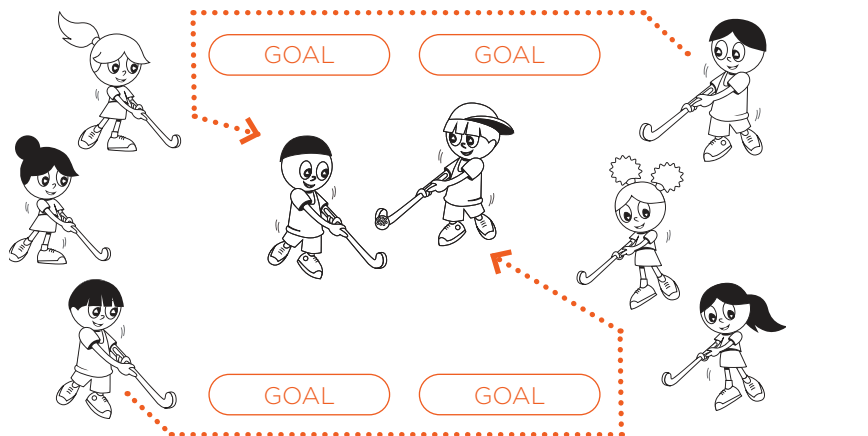
Field Goal, Penalty Corner, Penalty Stroke

Setup

The playing area should measure about 10m x 10m and have two goals at each end. The players line up on each sideline of the field. Within each team players should be given the name of a vegetable (carrot, celery, capsicum etc). Make sure the same names are given to both teams to make pairs.

Description

- The ball should start in the middle of the playing area
- The coach will call a vegetable name and the players with the corresponding name must run around the other team's goal and attempt to score a goal
- Once a team scores five goals they are declared the winner



STEPS:

Starting out

Getting the hang of it

Let's make it harder

CHANGE IT UP:

Add an extra ball. Whichever team or player scores first gets the point

Multiple numbers called at one time, making it a team game

two goals awarded for stealing the ball from an opposition player

Water Wins



It's very important to drink water before, during and after sport to stay hydrated.

HEALTH TIP

Aim to drink 6 cups of water per day



Did you know, over **half your body** is water? Drinking water keeps your body cool, replaces fluid lost through sweat and helps you to perform at your best.

A word on sports drinks

Sports drinks are very high in sugar and not recommended for the general population, especially children.

Did you know the average 600ml sports drink contains 9 teaspoons of sugar?!

This means if a person drinks 1 x 600ml sports drinks each week over a year, from sports drinks alone they will consume:

2.3KGS OF SUGAR

Water wins for healthy hydration!

How to pack a healthy lunchbox



Make sure to pick something from each of the five food groups for a balanced diet

TOP TIPS

Add some healthy snacks like veggie sticks with a dip or why not try canned fruit in natural juice.

HEALTH TIP
Did you know water helps convert food to energy?



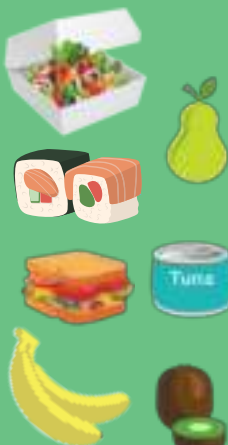
Make a yummy wholemeal sandwich with chicken or tuna. Don't forget to add in lots of salad like lettuce, tomato and carrot.

Fill your drink bottle with water. You can even freeze it to keep your lunch box cold.

MORNING TEA SNACK IDEAS



LUNCH IDEAS



AFTERNOON TEA SNACK IDEAS



HEALTHY HERO COMPETITION

Enter our competition for a chance to win awesome prizes and become a **Healthy Hockey Hero**. Simply create your own healthy lunchbox below by drawing your favourite snacks into the **empty lunchbox**, and tell us why it's important to eat healthy foods.

MORNING TEA

LUNCH

AFTERNOON TEA

IT'S IMPORTANT TO EAT HEALTHY FOOD BECAUSE...



Name: Age:

Hockey Club: Email address:

Send entries to: Perth Hockey Stadium, Hayman Road, Bentley WA 6102 or email Rebekah.Yeow@hockeywa.org.au

Terms and conditions can be found at www.hockeywa.org.au

Competition closes 31st July 2023.



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